### Male

**220-240 lbs**

**ONE STANDARD DRINK EQUALS:**

- 12 oz of beer
- 1.5 oz of liquor
- 4-5 oz of wine

**BAC under .06 minimizes risk!**

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BAC charts are based on the gender and weight of the bearer of the card. This card is for a 220-240lb male. There are additional factors that impact BAC levels, such as body mass index, speed of consumption, type of alcohol, type of mixers, food consumption, and if tired, sick, or on medication.
**BAC RESOURCE CARD**

**Signs of Alcohol Poisoning**

- Unconscious
- Vomiting while unconscious/semi-conscious
- Hypothermia (cold/clammy skin, blue nail beds)
- Slow or irregular breathing

**Care for Alcohol Poisoning**

- **CHECK** if the person is exhibiting signs of alcohol poisoning
- **CALL** for help immediately if they are
- **CARE** for that person until help arrives
  - Do Not leave them

**Remember**

- Do not force food or water
- Keep them on their side to avoid asphyxiation
- Only time can sober them up; do not try a home remedy

**Emergency Services:** 911 | **FAUPD (Boca Raton campus):** 561-297-3500